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ABSTRACT

Despite competition from celebrities, athletes, and musicians, children still regard parents as their primary heroes. This book suggests how parents can realize their potential as role models and deal with the influence of other role models. Chapter 1, "Understand Who Your Child's #1 Hero and Role Model Is," considers the concept of hero and identifies criteria for parents as heroes. Chapter 2, "Know and Share Your Values," discusses identification and demonstration of values. Chapter 3, "Strengthen Your Child's Self-Esteem," highlights ways to strengthen self- and family-esteem. Chapter 4, "Talk with Your Child," focuses on building effective parent-child communication. Chapter 5, "Examine Your Child's Environment," suggests ways to become aware of environmental factors affecting children and how parents can teach them about choices that influence their well-being. Chapter 6, "Heroes or Idols? Hollywood Celebrities and Sports Stars," examines what youth learn from celebrities from entertainment and sports and how parents can mirror celebrities' positive aspects. Chapter 7, "Heroes or Famous Personalities? Mythological Characters and Historical Figures," discusses helping children become interested in history and mythology and how these characters can facilitate development. Chapter 8, "Heroes or Angels? Humanitarians, Good Samaritans, and Courageous Individuals," gives several examples of individuals and organizations who help others. Chapter 9, "Heroes or Teachers? Mentors and Life Coaches," focuses on mentoring and coaching. Chapter 10, "Heroism--Deeds, Decency, and Endurance," presents evidence that celebrities are not, in fact, major influences on young people, highlights community members as role models, and summarizes parents' roles as children's heroes. Ten appendices provide worksheets. Each chapter contains references. (Author/KB)

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